

Utah Nutrition and Physical Activity Partnering for

2011
July

Progress



Utah Obesity Conference a Success

The Utah Obesity Conference Champions of Change: Knocking Out Obesity in Utah held in Salt Lake City on June 10th was a success, with 137 people in attendance.

National speakers addressed topics such as linking clinical medicine and public health to combat obesity; lifestyle strategies for families to address and prevent obesity; active transportation; how to frame the obesity issue for effective communication; and how to use social marketing to change behavior. An update on the 'Magnify Your Life' project was presented. Magnify Your Life is a local project conducted by the University of Utah in the town of Magna, where a progressive bombardment approach is being used to prevent childhood obesity.

Attendees included medical

doctors, nurses, registered dietitians, local health department representatives, state health department representatives, and local nonprofit organizations including the Utah Partnership for Healthy Weight. The messages presented were very timely and motivational. To download conference presentations go to www.utah.gov/obesity.



Letter from the Editor

I want to thank those of you who participated in our statewide "Champions of Change" Conference in June. Based on our evaluations, it was very well received. In June I attended the National Childhood Obesity Conference in California where we heard updates from many "Champions" at community, state, and federal levels who are fighting to impact the obesity problem. The annual report from Trust for America's Health and the Robert Wood Johnson Foundation, "F as in Fat: How Obesity Threatens America's Future 2011" was released this month and ranked Utah as the 6th least obese state in the nation. This may sound like a positive thing however, with 57.9% of our adult population and 20.4% of elementary-age children being classified as overweight or obese, there is a lot of work ahead of us. As you read this newsletter you will see that there are many initiatives underway in Utah and the U.S. To be effective, we will all need to take part in what is becoming a true social movement. Keep up the good fight!



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New Measures Registry Database Launched

On April 29, 2011, the National Collaborative on Childhood Obesity Research (NCCOR) launched the Measures Registry. This registry is a searchable database of nutrition and physical activity measures relevant to childhood obesity research.

The registry includes nearly 750 measures in four topic areas: individual dietary behavior, the food environment, individual physical activity, and the physical activity environment. Additionally, NCCOR launched the Catalogue of Surveillance Systems which is an interactive web tool that provides one-stop access to a wide array of obesity-related data sources. The Catalogue and Registry are free tools intended to help obesity researchers. Both tools can be found at www.nccor.org.

Utahns are Making the Healthy Choice the Easy Choice!

“TOP Star” Healthy Child Care Project is making progress! TOP Star, Targeting Obesity in Preschool and Child Care Settings, was launched on February 17th. Valuable partnerships have been established with Davis, Tooele, and Weber-Morgan health departments, the Office of Child Care, Child Care Licensing, the Child and Adult Care Food Program, Head Start, and other public and private organizations. All of our key partners are working on components of nutrition and physical activity in early childhood. There are currently 59 child care facilities, homes and centers, enrolled and participating. TOP Star trainings have been approved for Career Ladder credit and are available for child care providers. We are also in the process of developing an online resource guide for all child care providers interested in healthy eating and physical activity.

New tool to Help Cities Be More Bicycle Friendly

Utah cities will soon have a new tool to help make the active choice the easy choice thanks to the Bicycle/Pedestrian Task Force. The Bicycle/Pedestrian Master Plan Design Guide will be available this August and will include resources to support active transportation including policy/environmental assessment, goal prioritization, community involvement, infrastructure, and much more. The Guide is designed to help planners, engineers, and elected officials create or improve their community's access to healthy forms of transportation,

regardless of their level of knowledge and expertise. This document has been reviewed extensively by bicycle advocates, public health experts, transportation professionals, and others to help demystify the intersection between health and transportation. One of the priorities in the development and implementation of the Guide is to focus at the local level, with local priorities and resources to guide improvements. Training on how to implement the Guide, Health Impact Assessments (HIAs) and Complete Streets/Systems, will be available through Spring 2012.

Intermountain Healthcare's Select 25 Grant Recipients Announced

The Select 25 awards program supports organizations that encourage healthy behaviors or serve special populations. The donations will help individuals and organizations make a healthy difference in our communities. This year the 25 Utah winners receiving an award of \$2,500 include a variety of organizations that will implement physical activity projects like the Walking Trail Expansion Project, Early Morning Zumba, and Exceptional Kids Playground. Nutrition projects include community gardens and support for food bank organizations.

United Way of Salt Lake Announced New Neighborhood Partnerships

United Way of Salt Lake introduced a new model of collaboration they term “community impact.” United Way has committed to funding eight neighborhoods and communities to achieve specific community goals established in the areas of education, income, and health. Their goals are:



Utah Child Height/Weight Project

The Measurement Project will be conducted again in the first quarter of 2012. Approximately 4000 1st, 3rd, and 5th grade students from 69 randomly-selected public elementary schools in Utah will be weighed and measured to assess the extent of childhood overweight and obesity in Utah. These data will be compared with the data collected in 2006, 2008, and 2010 in order to assess trends in overweight and obesity among Utah elementary school students. The data collection will take place in early 2012 and the final report will be issued by September 2012. For more information on this project, please contact the Utah Department of Health, Physical Activity, Nutrition, and Obesity Program at pano.utah.gov.



Utahns are Making the Healthy Choice the Easy Choice!

- Education - to build a strong foundation of early learning from birth to age eight.
- Income - to help people gain the income and financial tools to help them thrive.
- Health - to improve child health and healthy behaviors, including childhood obesity.

The intervention will include the maintenance or creation of Community Learning Centers, Prosperity Centers, or Welcome Centers. This unique funding opportunity allows the neighborhoods/communities to create a web of support for the entire family. At these centers, children and their parents will easily access programs and services to promote learning and development, gain resources to become financially self-reliant, and meet health care needs through preventive care and by promoting healthy behaviors.

United Way has developed partnerships in the following neighborhoods/communities:

- Davis County - Clearfield
- Salt Lake City - Central City
- Salt Lake City - Poplar Grove
- Salt Lake City - Glendale
- Summit County - Park City
- South Salt Lake
- West Valley City
- Kearns
- Immigrant and Refugee Welcome Centers

Visit www.uw.org for more information.

Dancing Moose Montessori School Gets a Community Garden

On May 3rd the West Valley City Council approved a permit for Dancing Moose Community Garden LLC to create a garden on about a half-acre of undeveloped land adjacent to the Dancing Moose Montessori School. The garden will be a source of organic food for the school and serve as an outdoor learning space for the students. The garden is being professionally designed, with parents and community members providing much of the labor.

The permit was approved unanimously by the City Council and is good for five years with the option for renewal. The Dancing Moose will not pay any fees to the city, is responsible for making all the improvements on the land, and is required to maintain a \$2 million insurance policy on the garden. Employees from PROBAR, a Salt Lake City company that makes plant-based food products, are helping in the garden on company time.

This is an example of how one school was able to garner support to create a community garden. Go to www.mydancingmoose.com for more information.

Salt Lake County Working to be the "Fittest County in the Nation"

With Salt Lake County's obesity rates hitting 24%, the Salt Lake Valley Health Department is taking a proactive approach to improving the fitness of county residents through a fun, new program. "Commit To Be Fit" is an initiative designed to help Salt Lake County residents make a pledge to do something—small or large—to lead a healthy and fit life. Individuals will pledge their fitness goal by filling out a short online form.

Commit to be Fit is also a competition between cities and townships in Salt Lake County. The community with the highest percentage of participants will be named and promoted as "Salt Lake County's Fittest Community." The program also offers prize-drawing incentives!

The goal of this initiative is to have 500,000 residents pledge to be fit. Starting on August 4th, make the pledge and encourage family, friends, and neighbors to make the commitment to become fit. Help make Salt Lake County a healthy and fit place to live, work, and play!

what's happening

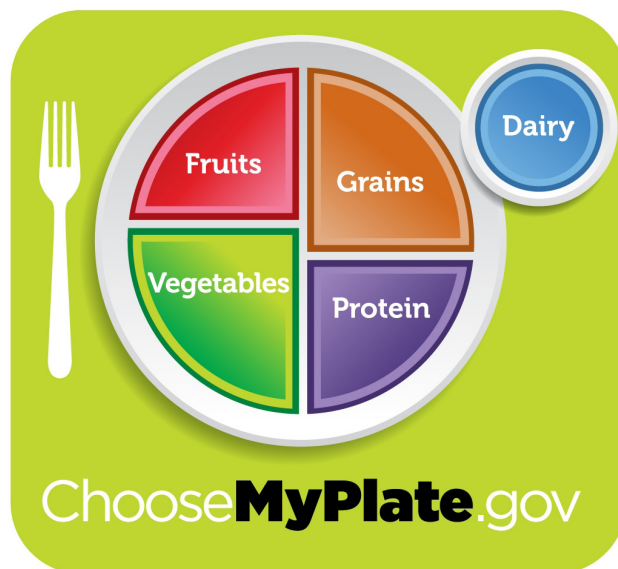


The New Dietary Guidelines

On June 2, First Lady Michelle Obama and Agricultural Secretary Tom Vilsack unveiled the federal government's new food icon, MyPlate. MyPlate was designed with the intent to prompt consumers to think about building a healthy plate at mealtime and to seek more information to help them do so by going to www.ChooseMyPlate.gov. The new MyPlate emphasizes the vegetable, fruit, grains, protein, and dairy food groups.

MyPlate will replace the MyPyramid image as the government's primary food group symbol and an easy-to-understand visual cue to help consumers adopt healthy eating patterns consistent with the 2010 Dietary Guidelines for Americans.

ChooseMyPlate.gov provides practical information for individuals, health professionals, nutrition educators, and the food industry to help consumers build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information. Later this year, USDA will unveil a "go-to" online tool that consumers can use to personalize and manage their dietary and physical activity choices.



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Bear River Greenhouse Project

The Bear River Health Department (BRHD) is working on a greenhouse building project in collaboration with three elementary schools in different school districts within their jurisdiction. The three elementary schools who received new greenhouses on school grounds are McKinley Elementary in Box Elder School District, Canyon Elementary in Cache School District, and Bridger Elementary in Logan City School District.

The construction of the greenhouses has been completed. Representatives from Bear River Health Department were well received when they met with district directors to discuss using the greenhouses to supplement current teachings. The Box Elder Curriculum Director suggested involving Box Elder High School students so they could use their high school greenhouse to help educate McKinley Elementary School students. The project includes an evaluation component.

